Basking in 'burkini' freedom in Calgary
metroNEWS

Trudeau's checklist for first official visit to China
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Calgary metro

BACK-TO-SCHOOL
Lunches for the discerning palate
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Your essential daily news | WEDNESDAY, AUGUST 31, 2016

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THE CANADIAN PRESS

Raptors roll into Calgary

metroSPORTS

Toronto Raptors guard Cory Joseph (6) drives to the net past Cleveland Cavaliers centre Tristan Thompson during first-half NBA basketball action in February 2016. The Raptors will play the Denver Nuggets in preseason action here in Calgary, Oct. 3.

City surveys mail bylaws

COMMUNITY STANDARDS

Distribution of anti-abortion flyers could be halted

Brodie Thomas
Metro | Calgary

If you've had enough of graphic anti-abortion flyers in your mailbox, the City of Calgary may soon have your back.

As part of its review of community standards bylaws, the city is asking citizens via an online survey if they would like rules about "no junk mail" stickers on mailboxes extended to include non-commercial mail.

Alvin Murray, chief bylaw officer for the city, said the current bylaw only applies to commercial flyers — ones where a service or product is offered for a fee.

"Where we're having difficulty is when groups are putting literature in people's mailbox that people find offensive," said Murray.

"They're not commercial flyers, but they may have extremely graphic pictures and information that really offends a lot of people. But there's nothing we can currently do because they're not classified as commercial."

Although Murray could not provide specifics on the disturbing literature they've received complaints about, it's no secret that many Calgarians don't appreciate anti-abortion flyers in their mail.

Celia Posyniak, executive director of the Kensington Clinic, said citizens should be able to stop anti-abortion flyers.

"These people are just forcing images on people," she said.

Murray said whether or not the city decides to change the bylaw depends on the survey feedback. He also noted there is a federal law that allows political literature during elections.

Metro reached out the Canadian Centre for Bio-ethical Reform for a comment but did not receive a response by press time.

You can be a Changemaker like Kathryn and Anne by making your own personalized fundraising campaign for the Canadian Breast Cancer Foundation CIBC Run for the Cure. Celebrate the person you're running for and start raising funds for lifesaving research and support services for all those affected by this disease.

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metro NEWS

Your essential daily news

McDonald's introduces a healthier McNugget. **Business**

The new school in town

EDUCATION

Innovative learning space to be 'heart of the community'

Lucie Edwardson
Metro | Calgary

The atmosphere was electric at the new Nelson Mandela High School as staff greeted students who got their first look at the building during registration, Tuesday.

Media toured the new school — with its distinct 'new school' smell — and got a sneak peek at the new high school where nearly 1,200 students will start classes next week.

"The facility is greatly needed and will provide an excellent learning space for students in this area," said CBE board chair Joy Bowen-Eyre. "This school will benefit not only the students who attend here, but the entire community as it is sure to become the heart of the community."

The new school is one of 32 across Alberta and 11 in Calgary opening this school year.

Alberta Education Minister David Eggen was present for the tour and said the school was a realization of so many hopes and dreams.

"This is a great opportunity to get kids back into schools in their neighbourhoods and in a school that's purpose built for modern education," he said. "This is a great example of all the hard work and innovation that is being done around high school redesign and using and interacting with space in a conducive way."

Cameron Russell, a soon-to-be Grade 10 student at Nelson Mandela, said the idea of having all of the technology incorporated into the high school at his finger tips made him "hyper."

"It's amazing that a school like this exists in our community," he said. "I'm looking forward to all the amazing technology, aviation program and all of the other interesting programs this school has to offer."

Nelson Mandela High School will be the home to the province's first ever aviation program, will host a credentialed culinary program as well as offer robotics, pre-engineering and fashion programs — to name a few.

"Construction in some of the parts of the facility will continue," said its principal Teresa Martin. "The aviation area is still under construction, but we anticipate its completion by mid to late October."

Martin said their gymnasium has yet to be constructed, but said it won't impact students as they're partnered with the Genesis Center, which offers seven gymnasium/fitness areas.

Amisha Kumar, who will be entering Grade 11 at Nelson Mandela will be one of the member of the school's first graduating class. She said moving to this school will help save her and many other students hundreds of dollars.

"I was spending $650 on bus passes to get to and from school," she said. "That's a lot shoes."

Kumar said she's most looking forward to making use of the school's seven science labs and plans to pursue a career in the medical field.

1 Nelson Mandela High School will open its doors to 1,200 students Sept. 6.
2 The learning commons at the new Nelson Mandela High School offers a library space, desks and group work areas as well as computers and a maker space.
3 Principal Teresa Martin exchanges gifts with Education Minister David Eggen. Eggen gave the school a biography about Mandela's life, and Martin gifted Eggen an honorary school ID card. LUCIE EDWARDSON/METRO

NATIONAL MUSIC CENTRE

Liens on big projects not uncommon: Experts

Brodie Thomas
Metro | Calgary

Lawyers in Calgary's construction industry say the practice of filing liens at the end of a large project is not out of the ordinary.

The National Music Centre made headlines last week when it was learned that several liens totalling $4.1 million had been filed on the property.

"Often times on major projects there's a number of liens filed either by the general contractor or the subcontractors. It's not uncommon," said Brad Dobbin of Calgary law firm Carbert Waite.

He said the Builders' Lien Act gives a mechanism for contractors, subcontractors and workers to have security for outstanding payments. "In large construction projects — none of the subcontractors or wage earners have a direct contract with the owner or developer," he said. "They have no way of suing."

Adrianna Worman, an associate with Schuett Law, said that lack of a direct contract means subcontractors need a legal way to gain a stake in the project and that's where liens come in.

She has seen examples of contracting companies that go bankrupt or simply cease to operate at the end of a large project, without paying the sub-trades.

"If a subcontractor's only claim is against the general contractor if he doesn't file a lien, he may never recover that money, even if he's successful in getting a judgement," said Worman.

To combat this, the Builders' Lien Act has developers and building owners setting aside 10 per cent of the value of work performed into a lien fund, which goes to those claims first rather than the contractor.

Worman said the deadlines written into the act mean liens are common at the end of big building projects.

"They've got 45 days from when they last did work on the project to lien," she said.

Carolina Del Carmen Perdomo and Allan Edgardo Perdomo Lopez were charged in the death of Emilio Perdomo. The latter was originally identified by police as the boy's grandfather but is actually his father, court documents say. COURTESY CPS

Boy suffered brutal injury: Documents

MANSLAUGHTER CHARGES

Emilio, 5, died a week after being taken to hospital

Unsealed court documents say five-year-old Emilio Perdomo suffered from numerous brain bleeds, broken bones and a "goose-egg" bruise "as large as you can get" before he died.

The documents also say one of the suspects charged in the Calgary boy's death is actually his father.

Emilio was admitted to the Alberta Children's Hospital on July 10, 2015.

He had been living in Calgary for about a year after being sent to the city from Mexico by his mother, who hoped he would have a better life in Canada.

Allan Edgardo Perdomo Lopez, 56, and Carolina Del Carmen Perdomo, 49 — originally identified by police as the boy's grandfather and step-grandmother — were arrested in July but released on bail earlier this month.

Court documents used by police to obtain search warrants in the case suggest that Emilio was not the couple's grandson. The documents say that Carolina Perdomo told police during an interview that her husband had travelled to Mexico during their marriage and had an extramarital affair.

In June 2014, she said, Allan Perdomo received a Facebook message from the woman telling him they had a son as a result of the affair and she wanted the boy to come to Canada. The documents say Carolina Perdomo told police her husband travelled to Mexico several times to complete the necessary paperwork.

When Emilio was taken to the Alberta Children's Hospital, he was unresponsive and suffering from seizures, the documents say. Family members attributed his injuries to numerous accidents.

He died a week later. Police say an autopsy concluded his death was the result of multiple blunt-force trauma injuries.

"The findings are most compatible with an impact injury," wrote Dr. Neil Cooper, consulting pediatrician for the Child Abuse Service at Alberta Children's Hospital, in a report quoted by police in the documents. THE CANADIAN PRESS

TRIAL DATE

- A trial date for the couple was set on Tuesday. The six-week trial, before a judge alone, is to begin May 1.
- Because the charge is manslaughter, the case can be heard before a provincial court judge.

> **The vague history and the extent of the brain injury and bruising makes this suspicious for an inflicted injury.** Dr. Neil Cooper

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Creating More Moments
Mary Beth Eckersley
We've all heard the cancer stories, read the stats, and most likely have experienced the impact of cancer up close and personal or with someone we love. In fact, if there's one thing Albertans can agree on, it's that no one wants to hear the words, "you have cancer." Mary Beth Eckersley has heard it twice. More than 30 years after surviving a cervical cancer diagnosis, she was diagnosed with an aggressive type of breast cancer. "If I had this cancer back when I was diagnosed with cervical cancer, I wouldn't be here celebrating life", says Mary Beth. "I am so grateful to the Alberta Cancer Foundation and the Tom Baker Cancer Centre for every moment I have to continue being a proud advocate for cancer research here in Alberta."
Mary Beth was treated at Calgary's Tom Baker Cancer Centre.
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Peace Bridge location 'curious'

SAFETY

Current spot incentivizes risky crossings: Urban planner

Helen Pike
Metro | Calgary

Should the Peace Bridge along Memorial Drive have a different location or orientation? One urban planner thinks so. METRO FILE

The placement of the Peace Bridge was bound to lead walkers to an inopportune decision, according to an urban-planning expert from the University of Calgary.

The city is spending an extra $400,000 four years after the fact to fix a reoccurring problem: Every day more than 200 pedestrians choose to cross Memorial Drive at an unprotected intersection to get to and from the iconic Peace Bridge.

Work is underway to install another set of traffic lights and crossing lights on Memorial Drive at 9th Street, two blocks from the crossing infrastructure on 7th Street.

The decision came after a consistent showing of risk-takers crossing the busy corridor, year after year. The city has told Metro that, due to their observations, the crossing passed through their warrant system for more infrastructure.

"The warrant system tells us to go out there and see whether or not things like crosswalks or crossings are warranted," said city transportation spokesman Sean Somers. "It's an area we've been keeping an eye on for a while now, and it's at the point where it's justified and we can spend the money on it."

Beverly A. Sandalack, professor and co-director at the University of Calgary's Urban Lab, said it typically makes sense to connect points where the greatest amount of anticipated traffic will be.

"It was always curious why the Peace Bridge landed on Memorial Drive in-between crosswalks, because it definitely would be directing people to an inopportune decision," Sandalack said.

She mentioned it would have been better for the city to build the bridge across Memorial Drive to land on the riverside and at the other side of the street.

"That's really safe for pedestrians, because they don't have to deal with a really busy thoroughfare and it doesn't slow down traffic," Sandalack said, noting, "It would cost more money."

Another choice would have been to slant the bridge's arrival to meet 8th Street — another costly measure, Sandalack admitted.

Somers said to span the Peace Bridge over Memorial would be "virtually impossible."

"Next to impossible, I guess — quantify that by anything's possible — but a structure that big and that long would be cost prohibitive," said Somers. "It wouldn't make sense."

He noted the particular location was chosen because of the makeup of the river and the banks as well as the width of the river. The bridge's location was also chosen for its proximity to Prince's Island park and other planned infrastructure and proximity to east-west connections such as the nearby cycle track.

"Urban design works best if it's really logical, clear and practical," said Sandalack. "The fact that there's this problem now means there was probably an impractical decision originally made."

PROVINCIAL POLITICS

Tory leader must share party values: Potential contender

PC leadership rules have people talking about consequences for perceived frontrunner Jason Kenney, who feels a merger of the two right-wing parties is essential. THE CANADIAN PRESS

Progressive Conservative MLA Richard Starke won't say if he believes leadership-race rules will spike a bid by MP Jason Kenney to dissolve the party as part of a merger with the Wildrose.

But Starke says, regardless, he believes the head of the party will respect and exemplify its core principles.

"Ultimately no matter who's in the race, I'm confident that the next leader of the PC party will be someone who believes in the values of the party," Starke said Tuesday.

At its spring annual general meeting, PC rank and file voted overwhelmingly to rebuild the party as a stand-alone entity rather than merge it with another political group.

In July, Kenney announced he would run for the leadership on a platform to dissolve the party and seek a merger with the fellow right-of-centre Wildrose party. The aim would be for the new conservative coalition to defeat Premier Rachel Notley's NDP government in the next election.

Kenney has said that fractured conservative voting is allowing the New Democrats to come up the middle in balloting and implement policies he believes are harmful to an Alberta economy already depressed from a prolonged slump in oil prices.

The race officially begins Oct. 1. A leader is to be picked by delegates to a convention in Calgary on March 18.

PC party directors have approved rules for the race, which include a clause forbidding leadership candidates from doing anything to harm the party or its brand.

Starke said that's a standard backstop clause. But he declined to say if he believes that disqualifies Kenney, or any candidate, seeking to dissolve the party.

"That's not my call to make."

Kenney's campaign team declined Tuesday to make him available for comment.

Starke, a two-term MLA from Vermilion-Lloydminster, reiterated he is still "seriously considering" a run for the leadership.

THE CANADIAN PRESS

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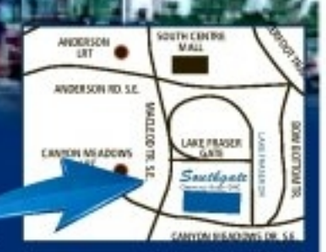

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Bill 10 non-compliance penalty unclear

EDUCATION

Some boards refuse to follow LGBTQ policy

Lucie Edwardson
Metro | Calgary

Alberta's education minister said he's committed to ensuring school boards across the province comply with Bill 10 but has not said how he plans to deal with dissenters.

On Tuesday two Alberta private schools, citing religious beliefs, said they wouldn't follow the province's mandated LGBTQ guidelines.

"Students, if they want to choose to have a GSA in their school, they're certainly protected to call it as such and to have one. So if someone is not complying with those laws we would have to take further steps," said Eggen.

But, when pressed, neither Eggen nor his press secretary, Larissa Liepins, could say what consequences non-compliant school boards would face.

"The minister has options if boards refuse to comply and we will be assessing those as we move forward," said Liepins.

Eggen stressed his primary focus is to make schools a safe place for all students, including the vulnerable LGBTQ population.

"The reason we built these policies and these laws in the first place, is to protect children, very vulnerable children, so we will carry on as we see fit," he said.

Also on Tuesday, Public Interest Alberta ranked four districts across the province on their policies, flunking St. Albert Catholic, while Red Deer Public came out on top with an A+.

The group based its Making the Grade rankings on six criteria to publicize some of the policies Eggen instructed school districts to develop earlier this year.

"We haven't seen any analysis or feedback on those policies, so we started to investigate the policies on our own," said Dr. Kristopher Wells, who worked on the project and is also an assistant professor in the department of educational policy studies at the University of Alberta.

Wells skipped the big city districts as they have already been broadly discussed, but included Lethbridge Public (B) and Grande Prairie Catholic (D-).

Eggen said he welcomes the chance to continue conversation on the policies.

"I welcome people to be constructively critical," he said.

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Sana Kaleem is thankful there are no restrictions on so-called "burkinis" as it allows her to feel comfortable in swimming pools. JENNIFER FRIESEN FOR METRO

INCLUSIVITY

Woman welcomes burkini freedom

Helen Pike
Metro | Calgary

When she goes swimming, Calgarian Sana Kaleem wears long leggings, a long-sleeved shirt and a hijab; and it makes her feel comfortable.

"If I couldn't go swimming in my swimwear of choice, I wouldn't go swimming," Kaleem said. "It's encouraging and my relaxing time. It's my time to enjoy myself."

In Calgary, most Muslim women who choose to wear the hijab, and other religious garb, wouldn't think twice before taking a dip.

But in France, headlines over the so-called "burkini ban" have taken the world by storm; especially after photos of French police surfaced demanding a beachgoer strip down her cover-up in compliance with a current law that prohibits the religious clothing.

"When young girls see these images on their Facebook feeds and all over Twitter, it's scary for them," said Kaleem. "And it teaches them that other people have the right to control their choices and make policies about them."

Kaleem likes to see the positive above all; she likes to concentrate on the good headlines, like watching athletes such as Ibtihaj Muhammad compete at the Rio Olympics.

"It was very encouraging, and it was inspiring for a lot of women," Kaleem said. "I can practise my faith, wear a hijab and still be who I want to be."

The University of Calgary's athletic goods store, located in their Kinesiology building, carries the burkini, or a similar full coverage swimsuit, among the other sportswear. Kaleem sees this as a comfort, and reflection of Calgary's commitment to being accepting of her choices.

The City of Calgary also spells out "non-traditional bathing wear" in a policy that's been in place since 2008, clarifying that long-sleeved pants and shirts are permitted. Hijabs are also on the list — and even saris are permitted (but encouraged in the shallow end only for safety reasons.)

In Edmonton, women are increasingly seen sporting the full-coverage swimwear. And the Muslim community is seeking after the city's female-only public fitness classes.

Calgary has private bookings, some for female-only swim classes and accommodate those bookings with women-only staff after hours. There are registered programs for women, including weight training.

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Group raises concerns over changes to junk-mail bylaw

REVIEW

City updating decade-old community standards

Brodie Thomas
Metro | Calgary

The president of the Rocky Mountain Civil Liberties Association thinks the city would be going against free speech if it allowed citizens to block anti-abortion flyers from their mailboxes.

The city is undertaking a review of its community standards bylaws, which haven't been updated in over a decade, according to chief bylaw officer Alvin Murray.

An online survey asks Calgarians about four basic topics, including backyard firepits, unkempt yards, noise complaints, and junk mail.

The city is asking residents, in a survey on community standards bylaws, if there's a better way to regulate backyard fires. TORSTAR NEWS SERVICE

Murray said firepits are tricky because the city has bylaws about homeowners not allowing nuisances to escape their yards. Over the years he has seen increased concerns about people with asthma being affected by wood smoke.

As part of the review, Murray said the city is looking at other municipalities across North America to see what approaches they're taking, rather than trying to reinvent the wheel.

It's the junk mail change that has Rocky Mountain Civil Liberties Association president Sharon Polsky concerned.

She believes people need to accept opposing views as a part of democracy, rather than asking government for protection from offensive material.

"People find certain messages upsetting or offensive, or in variance to their own views," she said. "That comes with living in a democracy where freedom of speech has always been confirmed by our charter and the courts."

She said the abortion debate has already been settled by the court, and people can easily fold up those flyers and throw them in the recycling bin.

Polsky noted that religious material would also get caught up in the possible change, and has advice for people who get angry over these sorts of flyers.

"Take it as an opportunity to have some compassion and try to understand other people's views and values. Maybe take it as a teaching opportunity to teach your children about diversity and compassion," she said.

HIGHWAY 567

Two die in Irricana crash

Two men are dead following a Tuesday morning crash on Highway 9 at Township Road 270.

According to Emergency Medical Services (EMS), paramedics responded to the crash, south of Highway 567/Irricana, shortly after 9:30 a.m. Tuesday.

Three ambulances from Airdrie rushed to the scene where they found a collision involving a sedan, large cube van and a semi-truck.

The two men travelling in the sedan, both believed to be in their 30s, were found dead on scene and no resuscitation was attempted.

One occupant from the cube van, believed to be in his 20s, was also transported to Foothills Medical Center with minor, non-life-threatening injuries.

The other occupant of the cube van, as well as the driver of the semi-truck, were assessed but suffered no injuries.

RCMP are investigating.

METRO

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ENERGY EAST PIPELINE

Alberta to redouble messaging efforts

Alberta's energy minister says the violent disruptions at the Energy East pipeline hearings in Quebec are disconcerting and are hindering the debate.

But Marg McCuaig-Boyd said Alberta is determined to move forward and will work harder to reinforce its message on the importance of getting oil to the coasts to ship to oversea markets.

"We're just going to keep doing what we're doing. It's working. I'm hearing from companies all the time that our climate leadership plan is helping the discussion," McCuaig-Boyd said Tuesday.

> **Maybe we have to tell the story more in the east.**
> Marg McCuaig-Boyd

"Maybe we have to tell the story more in the east."

Protesters forced the cancellation of hearings this week in Montreal on the TransCanada project. The $15.7-billion line would take oil from Alberta to terminals in Quebec and New Brunswick.

On Tuesday, the National Energy Board cancelled all further hearings into the project until the board makes a decision regarding two of the three commissioners overseeing the review process.

Alberta, and by extension, the Canadian economy, have been dragged down by the prolonged slump in oil prices.

Alberta says a pipeline to get oil to overseas markets will mean a higher price for the product, but protesters worry about the environmental damage the pipeline could do.

Premier Rachel Notley's government has taken steps in recent months to remove from the debate any criticism of Alberta's environmental record in order to give it "social licence" to discuss energy infrastructure projects on their stand-alone merits.

Opposition Wildrose Leader Brian Jean said the Montreal cancellations prove that Notley's social licence plan is an expensive failure.

"Albertans were told that in exchange for paying $9 billion in carbon taxes over the next five years, projects like Energy East would be given a fair shake by the radical left and its activists within the environmental movement," said Jean in a news release. THE CANADIAN PRESS

COAST PLAZA HOTEL

Worker exposed to chemical

Calgary EMS says a man was transported to hospital after being exposed to what they believe was chlorine.

Around 2 p.m. on Aug. 30, paramedics were called to the Coast Plaza Hotel because a male worker believed to be in his 70s had been exposed to a chemical.

He was transported to the Foothills Medical Centre in serious but stable condition, suffering from respiratory distress. Another person was assessed on scene and released.

METRO

IN BRIEF

Woman, father-in-law robbed by two suspects

Calgary police are asking for the help in identifying a grey Pontiac Torrent SUV believed to have been used during a robbery on June 24, around 7 p.m., of a woman and her elderly father-in-law in the 600 block of Center A Street NW. One suspect held a weapon to the woman's head. A second offender pulled the elderly man to the ground. METRO

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Swords and sushi, samurai and a cat

FOREIGN MOVIES

Three distinct Japanese films showcased at Globe Cinema

Aaron Chatha
Metro | Calgary

Samurai Cat is a Japanese film about a broke samurai who is hired to kill a cat — but he quickly falls in love with the kitty and turns on his employers instead.

The film will be screened in this year's Japan Film Festival on Sept. 10 at the Globe Cinema.

For the benefit of our readers, we have put the most important information at the top of this article, so you're forgiven if you've already put down the paper and made up your mind to attend the free showing of the cinematic tour de force that is Samurai Cat — but if for whatever reason you want to know a bit more about the festival before making up your mind, please, read on.

The annual Japan Film Fest has been running for 25 years in a partnership with the Japan Foundation and Consulate-General of Japan in Calgary.

"It's a great exposure to Japanese culture for people who may not always have that opportunity," said Jeremiah Davies, festival adviser.

On the theme of Japanese culture, the next feature to be screened at the festival combines historic samurai with traditional cuisine in A Tale of Samurai Cooking.

"A woman marries into this family of not-regular samurai — they've been serving their master as kitchen samurai," explained Davies. "But her husband doesn't know how to cook, and he has to take over the family business."

So it takes a woman to do a man's job, with swords and sushi.

The final feature of the one-day festival tones down the silliness a bit with a love story. Round Trip Heart focuses on a food and beverage attendant finding love on a train.

> **It's a great exposure to Japanese culture for people who may not always have that opportunity.**
> Jeremiah Davies

It's not any train though — it's called the Romancecar. When our main character spots a man shoplifting, it's the start of an incredible journey — that will forge a surprising (or not so surprising given the name of the train) relationship between the two.

"One of the reasons we chose this lineup was because it's a mix. We have traditional culture in A Tale of Samurai Cooking, as well as Round Trip heart which is modern day culture in Japan," Davies said. "And, it's always good to have a comedy."

This broke samurai just couldn't bring himself to kill the kitty in this paws-itively adorable comedy.
COURTESY NEKO SAMURAI PRODUCTION COMMITTEE

Girls get silly for Pride

PERFORMANCE

Trio tighten ukulele strings for show

Aaron Chatha
Metro | Calgary

The Wrong Kind of Girls are back to provide the right kind of comedy at this year's Calgary Pride festivities. The queer, feminist ukulele comedy trio have been performing together for about a year and a half now, touching on equality issues and stereotypes with their signature style.

"It's really great to be able to look at these issues through comedy it might open to door for people who might otherwise not want to listen to those messages," said band member Easy Annie.

Alongside Shirley Payne and Pam of Green Gaybles, The Wrong Kind of Girls sold out their first big show at Pride last year, breaking down stereotypes in songs like U-haulin' is a callin'.

"A popular joke about lesbians is what does a lesbian bring on a second date? A U-Haul. So, we figured we needed to write a song about U-Hauls," laughed Annie.

Other songs include Before, which is about the questions you want to ask before you take someone home, and Real True Love — a song about the less romantic, 'real' stuff you do for your partner.

Like cleaning their puke.

The trio originally formed when Pam of Green Gaybles was asked to perform in a cabaret show. She recruited the other women and they wrote a few fun, light-hearted songs with the ukulele. "I think for us, Pride is a very important celebration for LGBTQ folks and allies – in a world that's not always friendly, it's really great to have a celebration and come together," said Annie.

Shirley Payne, Pam of Green Gaybles and Easy Annie return to Pride with their comedy show. COURTESY THE WRONG KIND OF GIRLS

JAZZ

Bobby McFerrin cancels concert

Ten-time Grammy Award-winning jazz vocalist Bobby McFerrin has cancelled his Calgary concert due to health concerns.

"He is working with specialists to evaluate, understand and address his symptoms, which include vocal weakness and chronic fatigue. We deeply regret the necessity of cancelling upcoming engagements," read a statement from McFerrin's representatives.

McFerrin was scheduled to perform at Arts Commons on April 27, 2017.

He has cancelled his subsequent tour as well.

The venue said it's working to find a suitable replacement and all ticket holders will be automatically refunded for the performance.

TD Jazz subscribers will have seats held for the replacement concert, should they wish to attend.

"Arts Commons apologizes for any inconvenience, and on behalf of all Calgary fans send our very best to beloved vocalist Bobby McFerrin for a speedy recovery," read a statement.

METRO

The jazz vocalist and conductor Bobby McFerrin has cancelled his upcoming tour. COURTESY ARTS COMMONS

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Trudeau's China trip all about the economy

FOREIGN AFFAIRS

In first official visit, PM must get down to business

When Prime Minister Justin Trudeau visited Washington D.C. for a state dinner, his job was to dazzle. But on his first official visit to China as prime minister, Trudeau must get right down to business.

Where is he visiting?

After landing in Beijing around midnight on Tuesday, Trudeau plans to visit Shanghai, Hangzhou and Hong Kong before departing on Sept. 7.

Who's travelling with him?

The prime minister is bringing his wife, Sophie Grégoire Trudeau, and seven-year-old daughter Ella Grace. Cabinet members Finance Minister Bill Morneau, Foreign Affairs Minister Stéphane Dion and International Trade Minister Chrystia Freeland will also join him.

Prime Minister Justin Trudeau, his wife Sophie Grégoire Trudeau and daughter Ella-Grace arrive in Beijing on Tuesday.
ADRIAN WYLD/THE CANADIAN PRESS

What does he hope to accomplish?

1 G20: Trudeau will attend the G20 summit in Hangzhou, where he will meet with finance ministers and leaders from all around the world to discuss the globalized economy.

2 Free trade: A free-trade deal with China, Canada's second-largest trading partner, would be a big get for Trudeau's government.

3 Canola: Recent restrictions on the amount of foreign material, such as weeds and other crops, in Canada's canola exports could mean big losses for farmers. China buys 87 per cent of its canola from Canada, and is asking producers to cut the level of foreign material in deliveries by more than half for health and safety reasons by this Thursday.

4 Spies: Trudeau is expected to bring up Kevin Garratt, a Canadian missionary who was charged with espionage last January and is held in prison in China.

5 Human rights: While many would like to see Trudeau take a stand against China's human-rights record, it's a touchy subject and one that will be difficult for him to broach while negotiating economic issues.

TORSTAR NEWS SERVICE

CRIME

Sexual misconduct in military punished

The Canadian Armed Forces says it is making progress in the fight against sexual misconduct in the ranks, but much more work needs to be done.

In an update Tuesday, the military said it completed 51 investigations into inappropriate sexual behavior between April and July.

As a result, 30 people had received "career-impacting" punishments ranging from fines to outright dismissal from the forces. Three more were referred to civilian authorities while the perpetrators in four cases could not be identified.

Ten cases were considered unfounded.

Defence chief Gen. Jonathan Vance, who has made the elimination of sexual misconduct a priority, described the results as a "good start." But Vance acknowledged much work remains to be done after the report showed there were 97 other cases of inappropriate and harmful sexual behaviour under investigation in the same period. THE CANADIAN PRESS

AFGHANISTAN

Canadian and his wife plead for lives

A Canadian and his American wife have appeared in a new video pleading for their lives.

Joshua Boyle and Caitlan Coleman were kidnapped by the Taliban in 2012 while on a backpacking trip in the mountains of Afghanistan.

In the video shared by SITE Intelligence group Boyle, 33, and Coleman, 31, say that if the Afghan government doesn't stop executing Taliban prisoners, their captors will kill them and others.

"They will execute us, women and children included, if the policies of the Afghan government are not overturned either by the Afghan government or by Canada somehow, or United States," Boyle says.

TORSTAR NEWS SERVICE

Kurdish Peshmerga forces inspect a site marked with a sign reading "Kurdish mass grave" in Iraq in 2014. THE ASSOCIATED PRESS

Mass graves discovered

IRAQ AND SYRIA

Number of Daesh victims ranges from 5,200 to 15,000

Peering through binoculars, the young man watched as Daesh extremists gunned down the handcuffed men and then buried them with a waiting bulldozer. For six days he watched as Daesh filled one grave after another with his friends and neighbours.

The five graves arranged at the foot of Sinjar mountain hold the bodies of dozens of minority Yazidis killed in Daesh's bloody onslaught in August 2014. They are a fraction of the mass graves Daesh extremists have scattered across Iraq and Syria.

In exclusive interviews, photos and research, The Associated Press has documented and mapped 72 of the mass graves, the most comprehensive survey so far, with many more expected to be uncovered as Daesh's territory shrinks.

In Syria, AP has obtained locations for 17 mass graves, including one with the bodies of hundreds of members of a single tribe all but exterminated when Daesh extremists took over their region.

For at least 16 of the Iraqi graves, most in territory too dangerous to excavate, officials do not even guess the number of dead. In others, the estimates are based on memories of traumatized survivors, Daesh propaganda and what can be gleaned from a cursory look at the earth.

Still, even the known numbers of victims buried are staggering — from 5,200 to more than 15,000.

On Sinjar Mountain, Rasho Qassim drives daily past the mass grave in Hardan that holds the bodies of his two sons.

The sites are roped off and awaiting the money and the political will for excavation.

"We want to take them out of here. There are only bones left. But they said 'No, they have to stay there, a committee will come and exhume them later,'" said Qassim. THE ASSOCIATED PRESS

HILLARY CLINTON

Benghazi emails recovered

The U.S. State Department says about 30 emails that may be related to the 2012 attack on U.S. compounds in Benghazi, Libya, are among thousands of Hillary Clinton emails recovered during the FBI's recent investigation into her use of a private server.

Government lawyers told U.S. District Court Judge Amit P. Mehta Tuesday that an undetermined number of the emails among the 30 were not included in the 55,000 pages previously provided by Clinton. The State Department's lawyer said it would need until the end of September to review the emails and redact classified information before they are released. THE ASSOCIATED PRESS

FRANCE

Burkini ban a 'stupid reaction': UN official

The United Nations human rights office says local bans in France on burkini swimwear amount to "a grave and illegal breach of fundamental freedoms" and a "stupid reaction" to recent extremist attacks.

OHCHR spokesman Rupert Colville says the rights agency wants local officials to "immediately" lift the bans, saying they don't increase security.

A French high court has struck down on French towns' ban on the burkini, effectively invalidating such bans in about 30 towns, though many remain.

Colville says such bans "fuel religious intolerance and the stigmatization of Muslims," and "have only succeeded in increasing tensions."

In Cannes, a French court has overturned a ban on burkinis.

Colville said people who wear burkinis or any another clothing "cannot be blamed for the violent or hostile reactions of others." THE ASSOCIATED PRESS

Women protest the burkini ban in London on Friday. AFP/GETTY IMAGES

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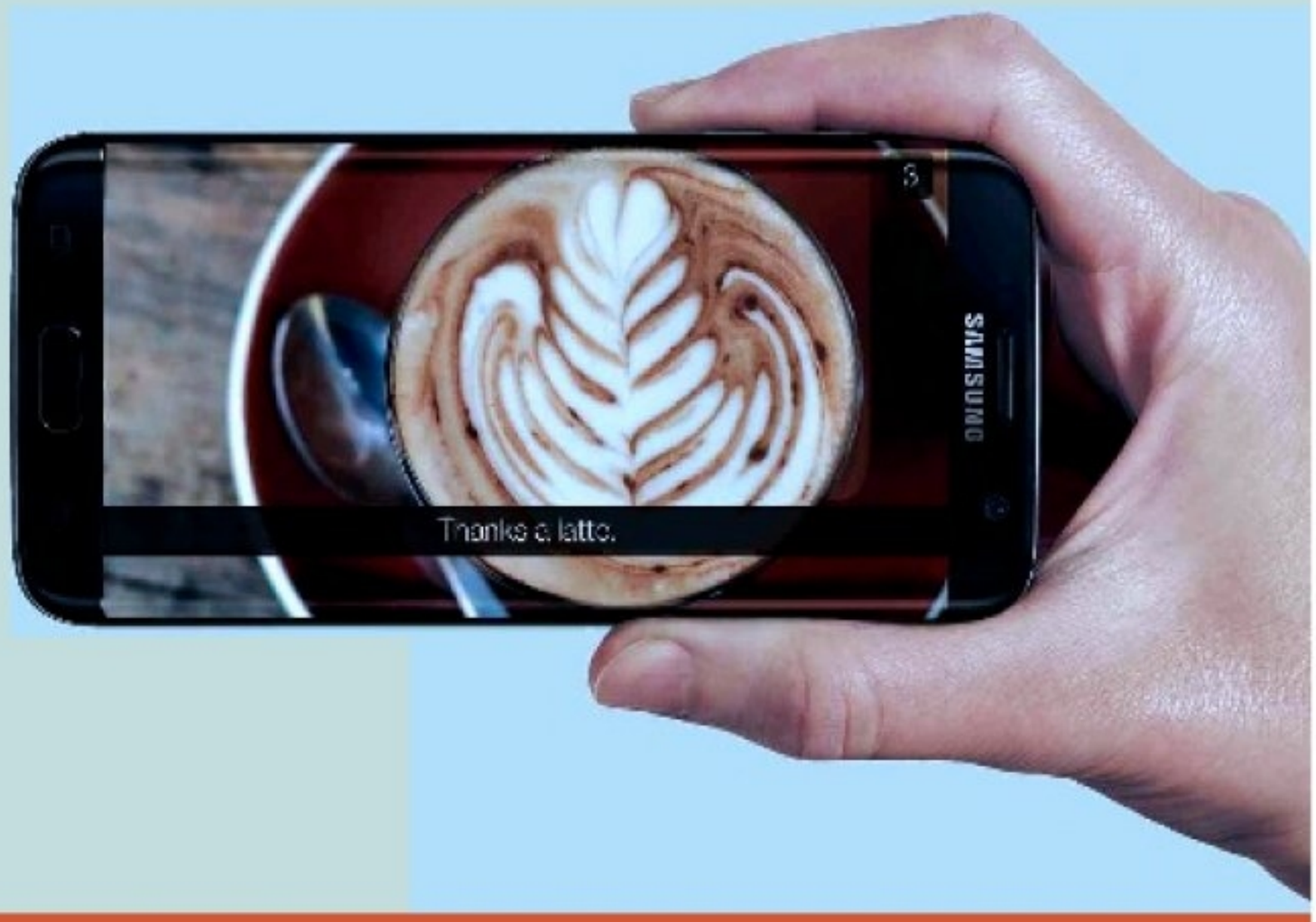

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5 Things to know about EU's tax bite on Apple

Ireland gave Apple Inc. illegal tax benefits worth up to 13 billion euros ($18.92 billion) between 2003 and 2014, according to the European Union, and the country must recover them, with interest.

Here are five things to know about the record tax bill:

1 Why isn't Ireland happy with the fine? Apple's European headquarters is now located in Ireland. Government officials fear that multinationals such as Apple will pull up stakes and go home if they lose their tax advantage. They're fighting the ruling because they want to keep the investment flowing and jobs in the country.

2 How big is the fine for Apple? The fine, if Apple ever pays it, would be the value of 15 million iPhones or 27 per cent of Apple's 2015 profit. That's obviously daunting, but Apple isn't strapped for cash. The multinational has a stock-market value of $784.26 billion (all figures Canadian). More than 90 per cent of its cash stockpile is kept outside of the U.S. to shield it from American taxes.

3 How big is the fine for Ireland? The Gross Domestic Product (GDP) in Ireland was $311.32 billion in 2015, as reported by the World Bank. The fine is equivalent to more than the country's health-care budget and 66 per cent of its social-welfare bill. It also adds up to $4,126.16 for every member of Ireland's 4.6 million population.

4 How does this affect relations between the European Union and United States? The U.S. Treasury said last week that the European Commission was in danger of becoming a "supranational tax authority." After the Apple ruling, a spokesperson for the U.S. Treasure said the decision could "undermine foreign investment, the business climate in Europe and the important spirit of economic partnership between the U.S. and the EU."

5 What's next? Apple isn't the only corporation in the sights of the European Union. Last year, the commission told the Netherlands to recover as much as $43.74 million from Starbucks, while Luxembourg was ordered to claw back a similar amount from Fiat. As Apple and Ireland head to the courts to appeal the ruling, there are already reports that McDonald's, Amazon and Google could face similar challenges.

TORSTAR NEWS SERVICE, WITH FILES FROM THE CANADIAN PRESS

CONTRACT TALKS

Canada Post, union reach deals

Labour Minister MaryAnn Mihychuk says Canada Post and the Canadian Union of Postal Workers have reached tentative agreements.

In a statement, Mihychuk says the agreements were reached "voluntarily," but provides no other details about the deals themselves.

The issue of differences in paycheques for rural mail carriers — most of whom are women — and urban letter carriers had been at the forefront of protracted contract talks between the two sides.

The negotiations were extended twice since the weekend, when a deadline expired on a 72-hour job action notice issued last Thursday by the Canadian Union of Postal Workers.

The two sides were in talks nearly around the clock at the request of a special mediator appointed Friday by Mihychuk.

Canada Post described the tentative agreements as short-term. It said they are for two years and that four-year contracts were typically negotiated in the past. The tentative agreements, however, still must be ratified by the members.

THE CANADIAN PRESS

Nicola Pitman, director of menu management at McDonald's Canada, shows their new, healthier McNuggets made in a test kitchen at McDonald's headquarters. TORSTAR NEWS SERVICE

McNuggets quietly turn McHealthier

McDONALD'S

Mac & Cheese, Hamburger Helper made similar moves

It's a McNugget mystery of sorts — the ultimate blind taste test that has kept Mickey-D fans in the dark.

The world's largest hamburger chain did a recipe reboot of its most kid-friendly food. It's now lower in calories and sodium, and McDonald's Canada introduced it — quietly — a month ago.

If you've eaten the mega-popular chicken treat in August then you've probably already tried the new version, which is free of artificial preservatives and minus the chicken skin that the giant chain used for flavour and binding.

As inventories of the original McNuggets were cleared, most Canadian locations started using the new ones (which are delivered frozen), and over the last two weeks they have been served in all restaurants, the company says.

But if it's a McHealthier move that will especially please parents, why not shout it from the rooftops of the Golden Arches? "I think people know we are doing lots with our menu," said Nicola Pitman, director of menu management at McDonald's Canada.

Established fast food chains have been scrambling to step up the image of their food amid stiff competition from smaller rivals promising wholesome alternatives. Kraft Heinz successfully made a similar move when it announced last March that it had quietly stripped its signature Mac & Cheese dinners of artificial flavours, preservatives and dyes three months earlier from the 79-year-old neon orange noodles — and virtually no one noticed. They sold the same amount as usual over that time.

Others, such as, General Mills have also made stealth moves (they quietly reduced sodium content in Hamburger Helper over six years to 2014) which observers say is intended to combat consumer perceptions that tinkering with a classic recipe would hurt the taste — à la the disastrous New Coke.

TORSTAR NEWS SERVICE

POTASH CORP, AGRIUM

Fertilizer firms in merger talks

Fertilizer companies Potash Corp. of Saskatchewan and Calgary-based Agrium are in preliminary merger talks to create a Canadian agricultural giant. Both companies issued statements confirming the potential union after their shares were halted on the Toronto Stock Exchange.

They said no agreement has been reached and there is no assurance any transaction will result from these discussions.

"It would create a blockbuster agriculture company," said John Stephenson, president of Stephenson & Co. Capital Management. He said the merged company would have more negotiating clout and supply discipline.

The merger talks come as the fertilizer industry struggles with a steep drop in prices in recent years following a ramp-up of production and the break-up of a Russia-Belarus potash trading cartel in 2013.

THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Wednesday, August 31, 2016

ROSEMARY WESTWOOD
in Vancouver

The cost of buying a home in Vancouver grabs most of the headlines, but it's an equally dog-eat-dog world out there for renters.

Rosemary is in Vancouver all week, reporting on the major issues facing the city. Today: housing.

It is, in the context of Vancouver's mad open houses of late, a tame event. A half-dozen rental hunters, a modest one-bedroom suite for $1,300 in the city's Mount Pleasant neighbourhood, with a closet-sized kitchen from the 1970s and plenty of natural light.

Not, notes the property manager, the typical showing.

"My vacancy is near zero. When I put an ad out, I get 80 responses," he tells the small group I've joined (strictly, thank God, in an observer's capacity), in a borderline brag.

Like we need the reminder. The cost of buying a home in Vancouver grabs most of the headlines, but it's an equally dog-eat-dog world out there for renters. "It's insane," one woman at the open house tells me. She saw a place at 9 p.m. one night last week, and it was rented by 8 a.m. the next morning. Some landlords expect thousands of dollars in rent on the spot. One apartment she looked at had jumped from $800 a month to $1,300 a month in two years.

Another woman had been away from the city for a year, only to return to the skyrocketing rent prices. "I came home, and I was like, 'What the hell happened?'"

There's no time to make a decision, the first woman adds, but you want to make sure you like the place you choose, because God forbid you have to move out any time soon and face another surge in rent.

If I had to place my sympathies with cash-strapped landlords or cash-strapped renters, I'd find it an easy choice

As a result of all this, the property manager — a soft spoken but chatty man who's been in the business for decades — says he's fielding applications for some high-priced condos from the highly unqualified, who are hoping to carry a $2,500 monthly rent with a student loan. "People are applying who can't afford it. What are you doing here? You can't afford this!" he says.

SO MANY UNITS, SO FEW VACANCIES The Vancouver rental market is the forgotten real estate disaster in a city full of them. METRO FILE

Then, among the more qualified, there's the pressure to pay above-market prices. One Metro colleague spent weeks searching via open houses with dozens of other renters, a.k.a. competitors (he even found himself relieved that one man with a cane would probably be cut from the list). His "happy" ending: He now pays 30 per cent more in rent than he used to, and that's after he was forced to fork over his first payment a month early, to secure the lease (he's also renting out his old place on Airbnb to cover his increased monthly expenses).

The story is the same in Victoria. One friend witnessed a guy "who took a zillion applications at an open house and then let the final chosen ones price-bid each other. Makes me want to barf."

From another renter's point of view: "Victoria is rife with opportunistic scum."

"I listed my condo in Victoria this month and got over 100 emails," noted another friend and Victoria landlord. "The market is insane,"

There's even a Nanaimo rental crunch, and the story of a woman who had to resort to Airbnb listings to find a long-term rental.

Meanwhile, as my colleague Wanyee Li reports today, some are buying condos especially to rent them out on Airbnb. One former condo owner told Metro that she was shocked to find her old unit, which she had sold weeks earlier, listed on Airbnb by someone who had a dozen other properties.

But the chatty property manager at this showing would likely be unsurprised about such a hustle. With all the costs that go along with being a landlord, he says, including unexpected expenses for new building regulations and rising property taxes, with only a fixed 3 or 4 per cent annual rent increase allowed, "you're not making a profit. That's a fact."

"(Rent control is) limiting the revenue, and your expenses are going up. So what do people do? They dump the property.

"Ten or 15 years ago, there was a lot more vacancies downtown because people were buying condos," he added. Now those once potential buyers have become reluctant renters, pushing up demand, prices, and the sense of desperation.

"Tenants have a sense of entitlement: I deserve to only pay this much rent," he says. "That's kind of what it is,"

Some, perhaps. Many would just like rent to cost the 30 per cent of income that affordability experts tell us it should. And while some rents might not be keeping up with the property taxes, neither are many people's incomes. Landlords might feel stuck by leases, but renters feel stuck with few options. And while being a landlord is a choice, finding a place to live? Not so much. Which is why, if I had to place my sympathies with cash-strapped landlords or cash-strapped renters, I'd find it an easy choice.

The women at the open house agree affordability is a pipe dream, and they — like everyone else — take a three-page rental application. The stove might hail from the disco era, but the bathroom is new, and there's new wall-to-wall carpet, plus a balcony (next to the dumpster). All in all, for Vancouver, not too shabby.

Tomorrow: Lessons from the front lines of the fentanyl crisis

Return to peacekeeping won't be return to '90s

Paul Wells

Harjit Sajjan's office offered me an interview with the defence minister. This was more than a week ago now, after Sajjan landed in Vancouver from a week-long visit to Africa. And if you want the truth of it I sat on the interview for days because I wasn't entirely sure what to make of it.

After our conversation, Sajjan and two other ministers announced Canada will contribute 600 soldiers and $450 million over three years to United Nations peacekeeping. The sound of self-congratulation from some corners has been hearty. But a lot of what Sajjan told me stands as a useful corrective.

Please stow the noble image of blue-helmeted soldiers, sternly guarding a neat line between two carefully separated armies somewhere. Those days are gone and they are not coming back.

"This is not the peacekeeping of the past," Sajjan told me. "There's no peace to keep."

Traditional peacekeeping was a relic of 19th- and early 20th-century industrial war, when massed armies would hurl themselves at one another in ways that actually made them relatively easy to separate. Latter-day asymmetric combat, led in many cases by ragtag groups of militants armed with a few trucks and sidearms, follows no neat lines. Civilian and paramilitary groups intermingle, as do friendly and unfriendly armies. Allegiances shift. It's hard to even know where to send the blue helmets.

Sajjan and his colleagues need to make up a new way for Canadians to be helpful in Africa. That's the work he was pursuing when he visited Ethiopia, Kenya, Tanzania, Congo and Uganda. "This trip was about getting the direct facts," he said. "Because you need to get a really good, deep understanding of what's really going on."

Great. Going on where? Africa is three times the size of Canada, with more than 30 times its population.

"I've been quite honest about my approach on this," Sajjan said. "Just because I visit an area doesn't mean we're going to be contributing troops (there). And just because I didn't visit an area doesn't mean we're not going to be contributing troops."

So: Canada is sending up to 600 soldiers, plus some number of civilians, to provide expertise and services. Sajjan just doesn't know where yet.

This makes more sense than it seems to. In 2001, it was clear where Canadian troops were going: Afghanistan. They then spent a decade learning the regional politics and the infernally complex tribal sociology that affected soldiers' work every day. Sajjan wants to front-load the homework, and pick a mission later.

Sajjan's agenda may offer hints. Four of the countries he visited are big donors to UN peace operations. Uganda has about as many soldiers in the field as Canada is offering, Ethiopia 14 times as many. But the Democratic Republic of Congo has fielded only 20. But a UN force of 20,000 has been stationed in the DRC since 2010. It's a tricky business. All told, 102 soldiers have been killed in that operation.

Let's hold off on the self-congratulation until we know what our soldiers are getting into.

Paul Wells is a national politics columnist for the Toronto Star.

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Lower risk, lower return

If you're a slow and steady investor, there's no shortage of products to suit your style

ISTOCK

Michelle Williams

With the volatility of the market and low returns on many investments, how does an investor decide which way to go? "A lot depends on your risk tolerance and your time horizon," explains Ron Dale, partner at Bongard Dale Fried Chartered Accountants. If you err on the side of caution, here's Dale's rundown of products for investors like you:

Guaranteed investment certificates are a popular choice for those who want to avoid risk. GICs offer a guaranteed rate of return over a fixed period. The rate will vary depending on the length of the term and interest rates at the time of purchase. "Locking in gives you slow, steady growth, but works to your disadvantage if the market improves," says Dale.

High-interest savings accounts (HISAs) are savings accounts with competitive interest rates, and you can withdraw funds without penalty. The interest is calculated daily. "HISAs often come with bank fees and minimums, but they're great for investors looking for flexibility."

Canada Savings Bonds are guaranteed and very safe, but "the interest is extremely low, even over a longer term, which makes it a less popular choice than it was in the past."

It doesn't pay to be too cautious, however. Ultimately, Dale believes for most investors, the most effective approach is a combination of lower risk/reward and higher risk/reward options, focusing on your comfort with risk and how quickly you need to grow your investment.

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ISTOCK

Higher risk, higher return

You're an investor who prefers risk and reward, and you're looking for the payoff. Buckle up

Michelle Williams

Looking for that quick return? Despite the volatility of the market and low return on many investments, some investors insist on taking bold risks that can lead to tidy returns. It's all about risk tolerance and timing, according to Ron Dale, partner at Bongard Dale Fried Chartered Accountants. Here's Dale's rundown of products for those who are willing to take some risks:

Penny stocks can be purchased for literally pennies a share, but usually the expectation is that the share will grow exponentially over a relatively short period of time. "Investing in stocks like this can give you quick results, but they're usually high risk," says Dale.

A second mortgage can provide low-interest cash for investment — but you may not have enough equity if the market diminishes and you could default on your mortgage payment.

Flipping real estate, on the other hand, may look easy on television, but it's harder than it appears and is often "a risky way to turn a profit."

Ultimately, exercising some degree of caution is wise.

Business ventures often start with someone approaching you about an idea to make some quick money by investing in a product or service. "Typically you get high interest for your loan, but it's unsecured," so there's potential to make money but also to lose everything if the venture goes bad.

Ultimately, exercising some degree of caution is wise. Dale believes for most investors, the best bet is a combination of low risk and high risk investments, depending on your timeline and how comfortable you are with risk.

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metro LIFE

Your essential daily news

Canadian IndyCar driver James Hinchcliffe is taking a spin on Dancing with the Stars

Tried and tested school lunches

RECIPES

Sandwiches get old quick — here, some ideas to inspire

1 Mini quiches — Ottawa dad Craig Stewart uses quiche as a solution to sandwich ennui. Use frozen pre-made tart crusts for an easy, make-ahead lunch. **2 Cumin-spiced tofu tacos** — Torstar life editor Mary Vallis swears her daughter scarfs these tacos down.

Short of telling your kid, "Eat what I make or else starve," there are ways to fuel them for the day with help from dietitians who have seen countless children of different appetites, as well as parents with go-to recipes that their kids devour when it's time for them to head back to school next week.

One of the best ways to broaden a child's horizons is to simply get the kids involved in making their lunches.

"It's not even the meal prep, it goes all the way to the grocery shopping and planning your meal" says Richmond Hill, Ont.-based registered dietitian Mahsa Esmaeili. "When they're involved, no matter what they're preparing they're more likely to eat it."

One mom from the Facebook group Bento Lunch Box Ideas-Canada told me she makes her own buns using a bread machine and her kids choose the fillings whether it's zucchini and chicken, or most recently, ham and egg. She says it gives the kids a sense of pride in having a say in their creations.

If kids don't like sandwiches, switch the vessel. Once a month, Ottawa dad Craig Stewart bakes a large batch of mini-quiches for his twin 13-year-old daughters.

"I've done spinach, ham, mushroom, asparagus, sautéed onion, peppers, leftover roast chicken, different cheeses, basil, chives. It's anything you think your kids will like or if you want to sneak some stuff in there, they tend to eat it," he says. To serve, he takes a few quiches out of the freezer and throws them into his daughters' lunch bags with an ice pack.

"You also want to incorporate different flavours, textures and colours," says Esmaeili.

Mini quiches

This recipe comes courtesy of Craig Stewart, an Ottawa father of two. Find boxes of pre-made tart crusts in the frozen section of the supermarket (Tenderflake is the most common brand). Use the egg and milk mixture as the base and substitute with fillings of your choice.

Ingredients:

- 4-5 strips of bacon
- 24 frozen mini tart shells
- 4 large eggs
- 2 cups (500 mL) milk
- 1/2 cup (125 mL) finely chopped broccoli
- Salt and pepper, to taste
- 1 cup (250 mL) shredded old cheddar

Directions:

1. Preheat oven to 375F

2. Arrange tart shells on a lined baking sheet. Set aside.

3. In a skillet over medium-high heat, fry bacon until browned and crispy. Remove from heat and let cool to room temperature on a plate lined with paper towel. Chop bacon into small pieces.

4. In a mixing bowl, whisk together eggs, milk, bacon and broccoli. Season with salt and pepper.

5. Carefully pour egg mixture into tart shells until full but not overflowing. Sprinkle cheddar on top of each tart. Bake for 25 to 30 minutes or until cheese is bubbly and eggs are set.

6. Let cool for five minutes before serving or let cool to room temperature before freezing up to 3 months.

Cumin-spiced tofu tacos

This recipe comes courtesy of Torstar Life editor Mary Vallis who for months now has been swearing that her daughter scarfs these down every time. Make this tofu mix ahead of time and use as much as you need to for the tacos.

Ingredients:

- 1 tbsp (15 mL) olive oil
- 1 350g-brick extra firm tofu, drained and crumbled
- 2 tsp (10 mL) ground cumin
- 1/2 tsp (2 mL) chili powder, or more to taste
- 1 cup (250 mL) canned black or kidney beans, drained and rinse
- 1/2 cup (125 mL) fresh or frozen corn kernels
- Salt and pepper, to taste
- Grated old cheddar, to taste
- 8 hard or soft taco shells

Directions:

1. In a large skillet over medium-high heat, heat oil. Add tofu, cumin and chili. Sauté until tofu starts to turn golden brown. Add beans and corn. Continue to cook until corn starts to brown. Add salt and pepper to taste. Adjust seasoning as needed (ask your child for input). Remove from heat and transfer to plastic food container. Let flavours marinate for 10 minutes. If not using immediately, let cool to room temperature before refrigerating for up to a week.

2. To make tacos, fill each taco shell with about 1/2 cup tofu filling. Wrap tightly with plastic wrap and store.

TORSTAR NEWS SERVICE

How bias keeps women out of the science field

DIVERSITY

Training takes too long, shuts out youth, top biologist says

Genna Buck
Metro Canada

'We've been very selfish': Young scientists who spend a decade or more in training provide cheap labour for researchers, but many are being priced out of Ph.D.s, said Jim Woodgett, director of research at Toronto's Lunenfeld-Tanenbaum Research Institute. CONTRIBUTED

Jim Woodgett, director of research at Toronto's Lunenfeld-Tanenbaum Research Institute and one of Canada's leading cell biologists, is fed up with the patchwork system of awarding funding grants for scientific research.

He says it leaves scientists lurching from project to project, not able to rely on steady work or take advantage of "serendipitous" discoveries — scientific lucky breaks — whose applications may not be obvious until years later.

He also thinks long training times are preventing "some of the brightest minds" from getting into science, especially women and young people.

His new manifesto, published on Medium.com, outlines how he thinks society as a whole — and funding agencies in particular — can "protect and nurture the best and most promising science and scientists" in Canada. This comes at the beginning of an independent review of the way the federal government funds fundamental science. He spoke to Metro about his call to action.

You want the scientific funding system to promote diversity. How could that be done in a fair way?

I think we're being unfair right now. Where's the scientific rationale if, when five female and five male scientists applying for funding, you don't get equal success rates for both? If not, there's something wrong. Among our students, about 65 per cent are female. Postdocs, it's about 50/50. Junior professors, it starts to drop so there are more males than females. Among professors, it's more like 70/30. Likewise with junior scientists. If 20 per cent of applicants are junior scientists, then 20 per cent of grants awarded should go to junior scientists. If not, what's going to happen when older scientists have retired?

We need to even the playing field. The U.S. National Institute of Health has adjusted its grant competition system to make sure the people successfully getting grants look like the people applying for grants. **What's the practical benefit of having gender balance?** If there isn't a gender balance, that probably means very talented women are not doing science. It doesn't maximize our intellectual abilities as a nation. I think a lot of that is unconscious bias. It also has to do with things like maternity leave.

You believe becoming a scientist takes too long. What's the problem with that?

We used to put people through quicker. Thirty years ago, my Ph.D. took three years and I did three years of postdoctoral studies. Nowadays it takes five to seven years to do a Ph.D. and five to seven years to do a postdoc. Do they really come out as better scientists? I don't think that's the case.

> **If there isn't a gender balance, that probably means very talented women are not doing science**
> Jim Woodgett

I say this as somebody who has contributed to the problem: We've made a cheaper workforce in science, because the students take longer. This is especially a problem in cities like Toronto and Vancouver. We pay $25,000 or $30,000. There are a lot of students who can't afford to do their Ph.D. Your income and your family's ability to support you has no relationship to your intellectual capacity. If we really want the best people to be doing science, we should be reducing the barriers.

You wrote that some of the most important recent discoveries didn't have a clear application at the time. How do you think the science funding system can capture that value?

The dirty truth is a lot of major findings that have a huge impact are serendipitous, they're not planned. If you look at an application for funding for something that is totally off-the-wall, it's not going to get funded. So people ask for funding for things that are straightforward. Then they get distracted from the original plan. That's essential.

The funding agencies want to be predictable, they want to hold people accountable. But (they shouldn't) force scientists to do what they say they're going to do. That's how you crush novelty.

+ MANIFESTO

Researcher Jim Woodgett wrote a nine-point plan for how Canada can promote science and train better scientists. Here are a few of his ideas:

- **Merge federal systems for funding science**. There are at least 20 different government programs for health research alone.
- **Support a base level of funding for scientists** instead of having them rely on grants. It shouldn't be determined by oversimplified measures like the number of papers published.
- **Support smaller centres**, outside of bit cities, through partnerships with major research institutions that get the lion's share of funding.

AUTO CREDIT SOLUTIONS

Rebuild credit rating at House of Cars

When you go to House of Cars, you might think you're only buying a vehicle — but in fact you're actually rebuilding your credit rating.

"Clients often come in with problematic credit but they need to get a vehicle," says Katherine Maslak, Director of Marketing and Creative Design, "and with our Credit Rebuilding Program, we can actually consolidate their credit into one easy payment, right into the auto loan."

Even if your troubled credit history means that your dream car is initially out of reach, Maslak says House of Cars can eventually get you that sweet ride. "When a client comes in, we ask them — what are your goals?" she says. "Then we'll show them how to get there."

Occasionally clients might purchase a quality, affordable car first, but "once they have that first vehicle for 8-12 months, and if they're making payments on time, they can upgrade into another vehicle." she says. "We look at all the options and structure a path to get them into that dream car."

While House of Cars obviously welcomes all clients, Maslak says they truly specialize in the market that may otherwise have limited options.

"We're there to help them, to do it properly and without cutting corners," she says.

Their products and service has been a clear success — since opening its first location in 2012, House of Cars has already opened three more locations in less than five years, and won numerous awards, including Top Used Car Dealership 2016 by Metro Calgary's Community Choice Awards, Platinum Dealer 2015 by Scotia Dealer Advantage, and Elite Dealer in 2014 by TD Auto Finance. Clients also give them glowing reviews online.

"They weren't in the least bit pushy," says one recent review. "They actually recommended I decreased my budget for a vehicle to save me a bit more on monthly payments." Another reviewer says House of Cars "secured the best financing (far better than was quoted by every other dealership we were dealing with prior)."

Even during hard times, House of Cars has options to help.

"Recessions are tough, and we often see clients come in with cars that they can no longer afford — but they can trade them in and then essentially downsize to save money on payments and continue to maintain decent credit," Maslak says.

Visit houseofcarscalgary.com for more information.

Jahlal Pottinger, from left, Darian King, AJ Mastromartino, and Keziah Jensen of House Of Cars. CONTRIBUTED

'HOUSE OF CARS IS JUST A LITTLE BIT DIFFERENT'

The staff at House of Cars are young, hip and here to help. While franchise dealerships might feel a little "cookie cutter," says Director of Marketing and Creative Design Katherine Maslak, "House of Cars is just a little bit different."

"Obviously it's about helping the client — that's the biggest thing," she says. "Our whole motto here is have fun, be professional, make sales — but cater to the client rather than to ourselves."

"But we're also a younger environment with majority of our sales staff in their 20s and 30s," she continues, "which helps us relate to our customers who are of majority within the millennial demographic."

Many customers have no credit, or non-established credit and House of Cars specializes in that market. Owner Justin Klee says his staff deals with this every day.

"The first thing our staff get trained for upon being hired," he says, "is the steps needed to rebuild credit."

With unemployment rising in the province, Klee says, banks are tightening up credit approvals and now less consumers are qualifying for "prime" lending. Even someone with an excellent financial background, he says, may "hit a bump in the road and now need to repair their credit."

As a client-focused team in a people-pleasing industry, House of Cars likes to give back to the community. Recent initiatives include a sponsorship for the Children's Miracle Network and Backpacks for the Homeless, where 30 staff volunteers dropped off bags filled with necessities and treats to those in need.

"We like to get out there in the community and help wherever we can," says Maslak. "We might be a younger group, but it's very much a family environment."

House of Cars has three locations in Calgary. Visit houseofcarscalgary.com for more information.

CONTRIBUTED

How It Works

Go to houseofcarscalgary.com and start an online application. It takes about 30 seconds to fill out.

House of Cars will receive this application and contact you shortly. It's better to have this information in advance so that they can discuss options with a financial snapshot already in hand.

Meet with a sales representative at one of their three Calgary locations. They will discuss your credit situation, your goals, and all available options and solutions to get you there.

Drive away with your new vehicle and, if desired, a plan in place to upgrade next year.

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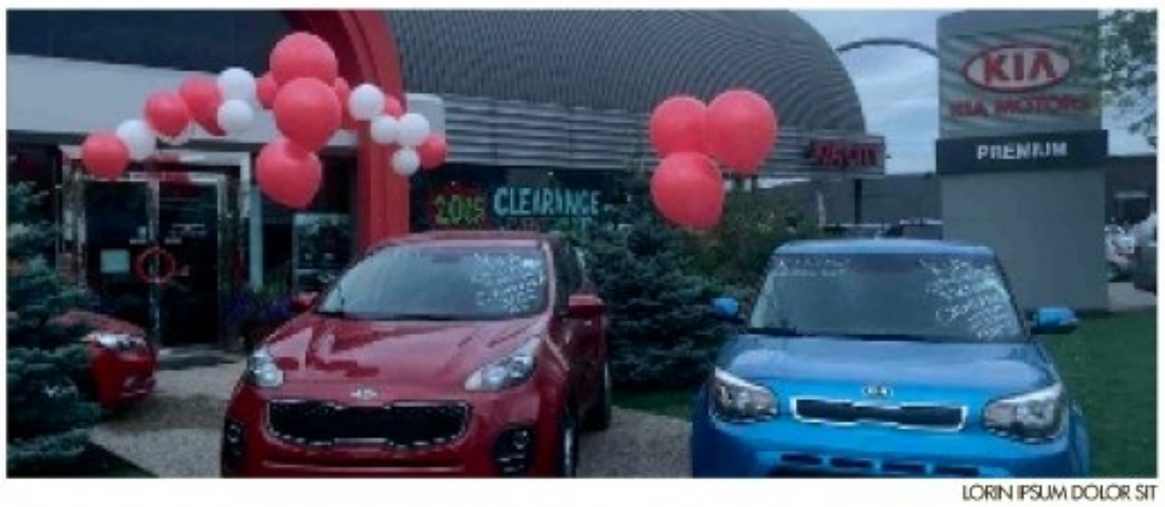

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HIGH STANDARDS GIVE KIA CITY A PIECE OF MIND

The staff at Kia City sleep well at night. That's no small feat in car sales — a fast-paced, competitive industry that sometimes gets a bad rep.

Tyler Duhaime, Sales and Business Development Manager at Kia City, explains why his staff are so proud of the service and product: "Not only are we trying to provide great credit solutions for our clients, we have an industry-best warranty and a very high quality, stylish product. It gives us piece of mind to know our vehicles stand up against the best in the industry."

Duhaime is referencing the prestigious J.D. Power & Associates Initial Quality Study, which rates new cars within 90 days of ownership by cataloguing how many problems are reported for every 100 cars — the lower the number, the higher the rating.

Kia ranked number 1 this year, which marks the first time in almost 30 years that a non-luxury brand took the crown. (Number 2, in case you were wondering, was Porsche.)

"Kia is a growing brand," Duhaime says, "and a brand that is making serious headway when it comes to product rankings."

As for affordability, Duhaime points out that between his team, his work with lenders, and Kia programs and rebates, there is often a credit solution for almost everyone.

"Based on some of the programs that Kia offers, people who are actively trying to repair their credit are able to secure loans as low as 3.75 or 4.5 per cent — whereas a bank would give them low-20s," Duhaime says. "We're also offering free job loss protection on all new vehicles — that's a Kia promotion implemented recently."

Kia City was the first Kia dealer in Calgary, locally and privately owned, and Duhaime says their ethics and transparency has been embraced by consumers.

"We have a family atmosphere here," he says. "We're not the type of dealership that withholds information, or adds additional fees — everything is always fully transparent and ethical up front."

"At Kia City," he adds, "finding reasonable solutions with our lenders is something we take very seriously." Visit kiacity.ca for more information.

Custom Credit Solutions for your new or used car

Many people find themselves in financial difficulties through no fault of their own. Whether it's the loss of employment, divorce or health related issues and associated medical bills people's lives can be quickly turned upside down and credit options can be dramatically affected. Some people have a damaged credit rating just through their own financial illiteracy. Whatever your credit circumstances Varsity Chrysler Jeep Dodge have the necessary tools to help navigate your way to a new or used vehicle.

Garth Scott, used car sales manager says Varsity deals with all lenders, not just special finance institutions, so Varsity's customers gain access to the main banks with better interest rates. A lower interest rate means more of your money goes towards the cost of the vehicle. Clients can also trade higher interest car loans for a reduced rate on a new car, backed by manufacturer warranties.

All loans are reported to the credit bureau allowing all customers to repair their credit. The dealership also offers the option of submitting credit application online on their comprehensive website, varsityautocredit.com. The site is secure and discreet.

Varsity is the number one choice to repair credit ratings. They offer the best access to all the lenders and Varsity offers first class pre owned vehicles and new vehicles as well. Rebuilding credit is an arduous task for many and in the process people are determined to be a risk and they become subject to higher interest rates. Varsity Chrysler has the means to approve them at the best deal available for their situation.

On DealerRater.ca Varsity customer Mini M. says her experience at Varsity was absolutely amazing. She says the staff (Phil) she dealt with worked financial magic for them "even though we have some terrible credit history haunting us. We were very apprehensive to go new and didn't think it was an option for us because of it. However, he went to bat for us and we not only came away with a brand new van for our family but it was made affordable."

Varsity scores high on the dealer review website for their sensitivity to people no matter the circumstances. Scott says every customer is treated with dignity and respect. Kevin S, another satisfied customer, writes the staff he dealt with were considerate not just of his financial circumstances but also of his hearing issues.

"I was impressed how smooth the process went. They helped me find the Renegade I wanted, gave good price/deal and the process were also quicker than I expected. Alex did fantastic job helping out. Shawn was great helping out with finances and he was very kind to deal with me via texting since I am deaf and knows it is easier on me. I appreciate their understanding and support."

Regardless of the reasons and regardless of current credit ratings Varsity knows the right vehicle at the right price is the way for people to move forward in their lives.

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Getting the best approval possible for all clients

When a pre-approval from a lender comes in, some might consider that a done deal — but that's actually when Nelson Goncalves feels his work begins.

"Regardless of the decision returned, my job is to get the best approval possible for their situation," says Goncalves, Credit and Finance Manager at Shaganappi GM. "Just saying 'We've got an approval, can you come in to sign today?' and then moving on to the next customer doesn't satisfy me. We work the approval with the various lenders until we're satisfied it's the best our clients can get. Anywhere."

Goncalves has spent seven years in finance and says Shaganappi GM has the track record and quality product to help almost every client — whether they have prime credit, poor credit or no credit.

"That's why I choose to work at a franchise dealership with a respected manufacturer, because we're held more accountable," he says. "We don't keep those high-mileage used trades that need a lot of work. We keep vehicles that we can fully certify — every single vehicle, even if it's a $5,000 vehicle."

There are many products available for all credit situations, and Goncalves says that sometimes clients receive the wrong product because it's more profitable for the dealership, or the lender.

"That's not what we do," he says. "We do the best for the client — sure, we might not make as much money on the first deal, but the client is satisfied and they will come back to us. Repeat business and referrals is how we choose to build our customer base."

In his line of work, Goncalves has seen all kinds of credit situations and helped countless clients and families. Oftentimes, a vehicle isn't just a lifestyle accessory — it's how his clients get to work in and around Alberta, saving hours per day instead of using transit.

Ultimately, helping people is Goncalves' guiding philosophy at Shaganappi GM.

CONTRIBUTED

"It's very simple — everybody deserves to be treated the same," he says. "It doesn't matter if they have bad credit. When people come to us, needing transportation to get ahead in life, we find them the best solution for the short- and long-term."

Visit shaganappi.com for more information.

Feel comfortable with a staff that just love cars

There are no suits and ties at The Gallery of Fine Cars — just a group of down-to-earth staff that love cars.

Owner Adrian Aprile and Zamil Devani like it that way. They're hands-on with hiring and they pick sales staff on personality, not past sales figures.

"We're just a laid-back group here," Devani says. "We're down to earth. Our customers feel comfortable dealing with us and telling us their situation. No one wants to tell someone dressed in a $3,000 suit: 'Hey, my credit sucks.'"

The truth is, times are tough these days. Finance Manager Amanda Parsons says she's noticed it in their clientele: "I've seen such a decrease in people's credit scores — people are coming in with a lot less stability and tenure."

"We used to see people with two years on the job," she adds, "now when people are coming to purchase a vehicle, they have two weeks on the job."

Parsons says they are able to work with customers over the long-term by starting with an affordable vehicle at a higher rate, and then graduating to better rates and better cars. "With good payment history on their first vehicle," she says, "we are able to reestablish their credit, and get them the better rate."

With hundreds of positive Google Reviews and many repeat customers and referrals, Aprile says the quality product and service makes The Gallery of Fine Cars stand out.

"We definitely have the cleanest cars in this city and we go over and above when it comes to the certification process," he says. "All of our vehicles come fully certified and we have an in-house mechanic shop with only Red Seal mechanics."

From a $7,000 Honda Civic to a $70,000 Mercedes, every car on the lot is fully certified — and there's no such thing, Aprile says, as "barely passing."

"My mechanics go the extra mile when it comes to safety," he says. "If the tires or the brakes are just barely passing, we replace them. When it comes to a person buying a used vehicle, that's the most important thing."

Visit galleryoffinecarscalgary.com or call (403) 735-0772 for more information.

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A plug-in with plenty of power

TORSTAR NEWS SERVICE FILE

REVIEW

Impressive range alone makes this car worth it

Sami Haj-Assaad
AutoGuide.com

Hyundai's first plug-in vehicle is not a pet project or a limited-run experiment; it's a fully fleshed out evolution of the traditional hybrid Sonata that offers an eye-popping 966 kilometres of range.

And while the Sonata Plug-in Hybrid is still based on Hyundai's tried-and-true mid-sized sedan and not built from the ground up like the Volt and Prius, the Korean automaker still manages to make its green vehicle stand out.

Getting the basics out of the way, the Sonata Plug-in Hybrid looks nearly identical to its non-plug-in counterpart, save a few updates. There's also a unique alloy wheel design, and plug-in Hybrids are available in four exclusive colors: Pewter Gray Metallic, Diamond White Pearl, Eclipse Black and Seaport Mist.

The interior also gets Plug-in specific updates, including a new gauge cluster that helps drivers indicate the battery's state of charge. There's a blue pearl leather interior option that features contrasting stitching, too.

The biggest and most important change to the car's interior is a button that changes how the Plug-in prioritizes how it saves fuel. A hybrid mode uses the gas and battery mode together, while an EV mode puts priority on utilizing the electric motor to its fullest and depleting the big battery before firing up the internal combustion engine. A third mode uses the internal combustion engine like a generator to charge the battery and can be activated by holding the HEV button. In addition to the different drivetrain modes, there's a drive mode selector that modifies the steering and responsiveness of the car.

Unlike the normal Sonata Hybrid, there is no Sport mode, which is fine because the Plug-in feels more powerful than the normal Hybrid model. The slim lithium polymer battery pack of the Plug-in is now five times larger than its hybrid counterpart and the electric engine is 32 per cent more powerful, too. Unlike other fuel-friendly cars, the Plug-in feels lively when pressed.

Like our experience in the Sonata Hybrid, the Plug-in is very refined, smooth and quiet. Not just a toy or proof of concept, the Sonata Plug-in Hybrid is fully featured.

THE CHECKLIST | 2016 HYUNDAI SONATA PLUG-IN HYBRID

THE BASICS

Engine: 2.0L four-cylinder paired to a electric motor, making a combined 202 hp
Transmission: Six-speed automatic
CAN Fuel Economy (L/100 km): 5.9 combined in hybrid mode, 2.5 in PHEV mode. Electric range of 35 km
Price: Starts at $45,914

LOVE IT
- 600 miles of range
- Short recharge times
- More responsive than regular hybrid

LEAVE IT
- Limited cargo space
- Select availability

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INTERVIEW

Genesis exec details luxury brand's uphill battle

Dan Ilika
AutoGuide.com

Hyundai is on an ambitious journey, spinning off its Genesis and Equus sedans into the foundation of a standalone premium brand.

And while much of that campaign will take place in Hyundai showrooms in the U.S. and beyond, the Canadian market will play host to a direct sales approach à la Tesla, where cars will be available for purchase through online sales and downtown retail and shopping mall locations across the country.

AutoGuide.com sat down with Canadian director of Genesis Motors, Michael Ricciuto, to get some insight into how the premium brand plans to operate.

The Genesis and Equus were pretty well received; how do you build on that success with a spin-off brand?

> **The G80 will have Nappa leather, open-pore wood trim, panoramic sunroof and navigation all as standard equipment.**
> Michael Ricciuto, Genesis Motors

In 2009 we won North American Car of the Year with Genesis and that was our first attempt at playing in that premium segment. Then with the Equus — which to me was wonderfully executed — we've proven that we can build products that can compete.

What makes the Genesis brand a viable venture ?

We have the mass market brands, so we can leverage the economies of scale from that and design premium products that are a notch above. Plus, it also allows us to develop technologies that the premium segment will pay for, and then those technologies will work their way down into the mass market brands. Without that platform how do you develop things like head-up display? Because you're never going to do a head-up display and put it in a Sonata. It's just too expensive and you'll never recoup your investment. But you can put it in a (premium car), get the cost down and then, over time, work that into the other products.

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FINANCE =$12,640 $40 /WEEK
LEASE $35 /WEEK
Stk#G7870272
2016 SOUL LX
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FINANCE =$19,035 $50 /WEEK
LEASE $41 /WEEK
Stk#G5483454
2016 FORTE LX A/T
MSRP $20,440 SAVE $4,000 including Loyalty or Conquest Bonus
FINANCE =$16,440 $51 /WEEK
LEASE $44 /WEEK
Stk#G6217567
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Vauxhall and not I

Ex Top Gear host Jeremy Clarkson includes the Vauxhall Astra as one of his least favourite cars. HANDOUT

VAUXHALL ASTRA

Jeremy Clarkson is not a fan

Jason Siu
AutoGuide.com

After revealing his Top 10 Star Cars, Jeremy Clarkson has now done the opposite.

The former host of Top Gear has listed his stinkers, cars that he just absolutely did not enjoy driving in the last year or so. Despite having a 1.6-litre turbocharged four-cylinder engine with 197 horsepower, Clarkson didn't have much nice to say about the Vauxhall Astra, for example. "I still had to cobble together some thoughts on the Vauxhall ... It was red and turbocharged and it would be fine for anyone who needed four wheels and a place to sit down when moving out. And now I'm out of space, which is probably a good thing, because I have nothing else to say about it."

IN BRIEF

Chevy Colorado gets power bump

Chevrolet is updating the drivetrain in its midsize Colorado pickup truck, adding a new eight-speed automatic transmission and an updated 3.6-litre V6 engine. While the displacement remains the same, the new 3.6-litre features some updates to its variable valve timing and direct injection systems, helping it net 308 horsepower at 4,000 rpm. New for this year is also cylinder deactivation, allowing the engine to cut two cylinders while travelling on the highway to increase fuel economy.

The other major update is the addition of an eight-speed automatic transmission. STEPHEN ELMER/ AUTOGUIDE.COM

metro SPORTS

Ryan Lochte isn't saying whether he'll return to Brazil to face a charge of filing a false police report over a gas station incident during the Olympics

Matt Wieters of the Orioles is congratulated by Manny Machado after hitting a two-run homer off of Blue Jays reliever Jason Grilli on Tuesday. MITCHELL LAYTON/GETTY IMAGES

Wieters grills cheese, leading O's over Jays

MLB

Catcher comes through with winning homer in 8th inning

Baltimore Orioles manager Buck Showalter considered taking Matt Wieters out of the game after the catcher took a hard foul ball off his mask in the fifth inning.

That proved to be a game-changing decision.

TUESDAY in Baltimore

5	3
ORIOLES	BLUE JAYS

Wieters hit a go-ahead, two-run homer off Jason Grilli in the eighth to lead the Orioles to a 5-3 victory over the Toronto Blue Jays on Tuesday night.

Baltimore pulled within three games of the first-place Jays, who had a four-game winning streak snapped. Toronto won the first of three games 5-1 on Monday.

"It's a big game," Wieters said. "We're going to be playing a lot of teams in the division, so there are going to be a lot of big games. I think the key is to be able to enjoy this one and move on tomorrow. We've got to come back and win another one tomorrow."

The Boston Red Sox — second place in the AL East — remain two games behind Toronto after losing to the Tampa Bay Rays 4-3 on Tuesday.

Michael Saunders drilled a two-run shot off Orioles starter Ubaldo Jimenez that tied the game 3-3 in the seventh.

In the eighth, Jonathan Schoop walked and Wieters homered off Grilli (4-2), his 12th of the season.

Brad Brach (8-2) picked up the win with 1-1/3 scoreless innings. Zach Britton got his league-leading 39th save.

Blue Jays left-hander J.A. Happ fell short of tying Boston's Rick Porcello for the major-league lead with 18 wins. Happ allowed three runs and six hits with three strikeouts over 6-1/3 innings. THE CANADIAN PRESS

NBA

Raps to play Nuggets in Calgary

Stephen Curry and the star-studded Golden State Warriors will take on the Toronto Raptors in a pre-season game in Vancouver as part of the annual NBA Canada Series.

The game, which will also mark the Warriors debut of superstar Kevin Durant, will take place Oct. 1 as part of the Raptors' preparations for the 2016-17 season.

Toronto, featuring the all-star guard combo of DeMar DeRozan and Kyle Lowry, will also face the Denver Nuggets in Calgary on Oct. 3.

This will be the third straight season that Toronto plays an exhibition game in Vancouver. Last season the Raptors beat the Los Angeles Clippers 93-73 at Rogers Arena behind 26 points from Lowry.

The game in Calgary will feature the pre-season debut of Canadian guard Jamal Murray, who was selected seventh overall by the Nuggets at the 2016 draft. THE CANADIAN PRESS

Vancouver will get the first look at Stephen Curry, left, and Kevin Durant on the same team. GETTY IMAGES

U.S. OPEN

Bouchard bounced out in first round

Eugenie Bouchard GETTY IMAGES

Canadian tennis star Eugenie Bouchard made an early exit from the U.S Open after losing 6-3, 3-6, 6-2 to Katerina Siniakova on Tuesday in New York.

Bouchard appeared to struggle with her serve in the third set after having her foot bandaged during a medical timeout. The native of Westmount, Que., was broken three times by Siniakova in the final set.

Overall, Siniakova had 19 break-point opportunities in the match. Bouchard saved 15 of them.

"I feel like I didn't play really well," Bouchard said. "My opponent played really well, I think. I tried my best, I fought my hardest so I have no regrets in that sense. But I wish I had better feeling on the court and served better."

The early exit was another setback for Bouchard, who hasn't been able to find her form consistently since the 2014 season that saw her make the Wimbledon final and reach her peak ranking of No. 4 in the world.

At last year's U.S. Open, Bouchard withdrew from her fourth-round match due to a concussion. THE CANADIAN PRESS

NHL

Flames give Higgins a shot with tryout

Forward Chris Higgins will join the Calgary Flames' training camp on a professional tryout.

The Smithtown, N.Y., native spent the last six seasons with the Vancouver Canucks, notching 62 goals and 80 assists and 82 penalty minutes in 314 games.

333

Higgins has 333 career points in 711 NHL games.

The Canucks placed Higgins on waivers in June with the intention of buying out the final year of his contract. It capped a rough 2015-16 season for veteran forward, who was squeezed out of the Canucks lineup and had a 22-game stint with the AHL's Utica Comets.

Prior to sending Higgins to the minors, the Canucks took the unusual step of announcing publicly they were trying to deal him to another team in order to make room for younger players. Vancouver also attempted to move Higgins at the trade deadline, but couldn't find a taker.

The 33-year-old broke his foot in training camp last September and never really found any traction, finishing the campaign with three goals and an assist in 33 games. THE CANADIAN PRESS

IN BRIEF

DeVos to head up Canada Soccer's development

Former Canadian international Jason deVos has been named Canada Soccer's director of development.

In the newly created role, deVos will be responsible for the overall management, direction and development of coaching and grassroots development programs across Canada. THE CANADIAN PRESS

Bridgewater dislocates knee and tears ACL

The Minnesota Vikings say quarterback Teddy Bridgewater will miss at least this season after suffering a dislocated left knee and complete tear to his ACL.

The Vikings made the announcement on Tuesday night, hours after Bridgewater went down in practice and rode an ambulance to a local hospital. THE ASSOCIATED PRESS

Delay on new goalie gear

NHL

Manufacturing hold-up means trimmer outfit may arrive late

NHL goalies won't look as trim as expected this season because of delays to an ambitious redesign of their bulky equipment.

NHL officials at the general managers' meetings in March said the league and the NHL Players' Association were planning to introduce equipment more befitting of a goaltender's actual size this fall, perhaps even in time for the World Cup of Hockey.

Now it's appearing likely that only some pieces of new gear will be ready for the upcoming season. A complete overhaul isn't expected to be finished until the 2017-18 campaign.

"I wish no one said that we were going to have this ready for this season because I think that was an aggressive timeline to say that we would have that done," Mathieu Schneider of the Players' Association said in an interview with the Canadian Press. "Given where we are now and given some of the challenges we've had to face, I'm 100 per cent confident that we're going to achieve our goal, but I'm not sure if and what parts we're going to be able to try to implement this year."

"It's been a real battle to get this change put in," Colin Campbell, senior vice-president and director of hockey operations with the NHL, added in a separate interview. "And hopefully we'll get it done."

The Capitals' Braden Holtby is one of the players who has asked for a more level playing field.
JUSTIN K. ALLER/GETTY IMAGES

Reductions were to be made to the pants and upper body equipment, but it's now thought that only the pants stand even a chance of being ready when the regular season gets underway in mid-October. Certain elements of the altered chest protector gear may be available later in the year.

> **I'm 100 per cent confident that we're going to achieve our goal, but I'm not sure if and what parts we're going to be able to try to implement this year.**
> Mathieu Schneider of the Players' Association

Both Campbell and Schneider said the biggest challenge was co-ordinating production of the new equipment with various manufacturers. The two sides, steered by Kay Whitmore from the NHL and Rob Zepp from the NHLPA, were relying on manufacturers to design new models with the proposed reductions, a process riddled with disappointment and frustration.

The hope initially was for the new equipment to be ready for testing at some point this summer, but it took until July before the two sides had even a suitable prototype. It was sent to a handful of goalies, who offered only mixed reviews.

Campbell says the NHL should have produced an "exact design" itself for the manufacturers to implement.

"We were hoping they would take the ball and run with it," he said. Campbell said CCM is the lone equipment group to produce anything that's been acceptable to date.

"The most important thing is we need co-operation from everybody," said Campbell. "The PA needs to support us, support this process, even when they get one or two players calling them up and yelling at them. We need to be more vigilant ourselves at the NHL; the managers need to be behind (the proposed changes). And so everybody needs to be together in this to do what's best for the game."

Campbell suggested there's been some resistance from the goaltending community, as well as teams and their personnel. Goalie pads have already been reduced in size.

It's thought that the reproduced pants will be less challenging for goalies to adjust to. They may be available at World Cup training camps and could be ready for full use by the start of the NHL regular season. There's hesitation, however, about altering the chest protector equipment mid-season, lest goalies and their teams be affected unfairly.

Changes have been urged by some of the league's top goaltenders — including the Devils' Cory Schneider and Capitals' Braden Holtby — who want a more level playing field. Bigger equipment was thought to be providing an unfair advantage.

The NHL still intends to enforce rules governing goalie equipment more closely this season. Those failing to conform will be punished with two-game suspensions.
THE CANADIAN PRESS

IN BRIEF

Schuler back as Canada women's hockey coach
Laura Schuler is returning as head coach of Canada's women's hockey team. The Toronto native will be joined by assistants Dwayne Gylywoychuk and Troy Ryan and goaltending coach Brad Kirkwood.

It's Schuler's second season behind the bench after leading Canada to a silver medal at the world championship in Kamloops, B.C., earlier this year. THE CANADIAN PRESS

Carolina Hurricanes extend GM's contract
The Carolina Hurricanes have signed general manager Ron Francis to a contract extension through the 2018-19 season, the team announced Tuesday. Financial terms were not disclosed.

"I appreciate the fact that (owner Peter Karmanos Jr.) is willing to give me the extension," Francis said. "We're going in the right direction, so it's exciting to help continue that." THE ASSOCIATED PRESS

England breaks world record in routing Pakistan
England smashed a world record-breaking 444-3 in an emphatic 169-run victory over Pakistan on Tuesday to take an unassailable 3-0 lead in the five-match one-day international series.

Opening batsman Alex Hales hit England's highest individual ODI score with 171.
THE ASSOCIATED PRESS

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BASEBALL

Ex-NFLer Tebow takes swing at new career

Tim Tebow crushed a batting-practice fastball with a confident left-handed swing, sending it into the trees next to the scoreboard beyond right field.

The Heisman Trophy-winning quarterback only paused an instant to appreciate his shot, and then he went right back to work on the unlikely next chapter in his unique athletic story.

> **The goal would be to have a career in the big leagues.**
> Tim Tebow

Tebow took his first big swings at a baseball career Tuesday, showing off a powerful bat and other developing skills during a workout in front of dozens of major league scouts and reporters. The 29-year-old aspiring outfielder went through drills at the University of Southern California's Dedeaux Field for over an hour, confidently chasing a dream deferred for 12 years. Declaring his football career essentially over, Tebow insists he is serious about becoming more than a baseball curiosity.

"The goal would be to have a career in the big leagues," Tebow said. "I just want to be someone to pursue what I believe in, what I'm passionate about. A lot of people will say, 'But what if you fail? I would rather be someone that could live with peace and no regret than what-if, or being scared."
THE ASSOCIATED PRESS

RECIPE Better Than Classic Tuna Melt

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The additions of apple and pickle to this tuna melt give it a twist of great texture and surprising flavour.

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 10 minutes
Serves 2

Ingredients
- 2 whole wheat pita breads
- 1 can tuna
- 1/3 cup diced Granny Smith apple
- 1/3 cup diced celery
- 1/8 cup diced cornichon or dill pickle
- 1 Tbsp mayonnaise
- salt and pepper to taste
- 1 cup grated cheddar

Directions

1. Preheat oven to 400 degrees.

2. In a large bowl, mix together the tuna, apple celery, pickle and mayo until it is well combined. Season with salt and pepper.

3. Spread mixture across pitas. Leave a small border around edge the way you do with pizza — it makes it easier to pick up and eat.

4. Sprinkle the cheese evenly across both pitas. Place the pitas on a baking sheet.

5. Pop in the hot oven for about 10 minutes until the cheese is completely melted and the edges of the pitas are toasty brown.

6. Remove from oven and cool for a couple of minutes before cutting each pita into quarters.

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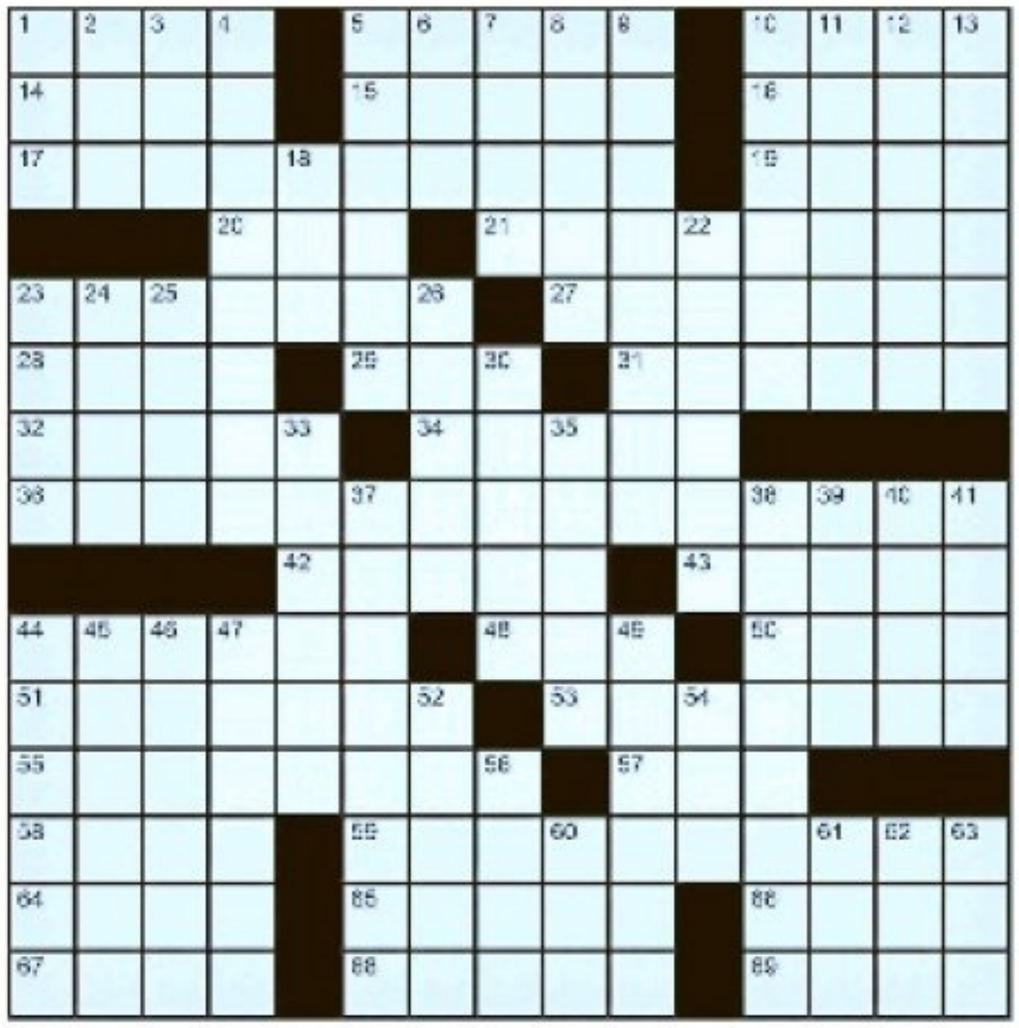
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Taunt
5. The _ (1973) starring Paul Newman and Robert Redford
10. _ _. Wade
14. Person, place or thing
15. Bag carrier
16. Norse epic
17. Decipher a secret message
19. Prefix with 'algia'
20. Abner of comics
21. Refinement
23. Astronomical observatory site in California, _ Mountain
27. Signs up for the military
28. Eye part
29. Eur. country
31. Nan A. _ (Book publisher)
32. Keanu Reeves/Sandra Bullock movie
34. Administered, as medication
36. One of the islands of Iles de la Madeleine in Quebec that's a 'Haven-of-Houses'
42. Leg bone
43. American _ (Pago Pago's land)
44. Infamous movie of 1987
48. Yore
50. Wines: French
51. Sort of close by
53. Binds, surgeon-style
55. Hurt by a barb
57. Singer, Priscilla _
58. Mal de _ (Headache, in French)
59. The Allman Brothers Band's "_ ' _"
64. Frosts
65. Still _ _ (Maya Angelou poem)
66. First-rate
67. Brewer's kiln
68. Like many a window
69. Dispatched

DOWN
1. Wildebeest
2. Lithium-_ battery
3. Commuter's ride
4. One placing something in with the letter in the envelope
5. _ 17 (1953) starring William Holden
6. Mr. Cruise
7. Let _ _ by The Beatles
8. Writer Harper Lee's birth name, _ Harper Lee
9. Beneficial brewed/boiling beverage: 2 wds.
10. Hammer once more
11. Danish writer Hans Christian Andersen's birthplace
12. Inferences
13. Province in Italy's Lombardy area
18. Crater's edge
22. Michael _ (Portrayer of Paul Kinsey on Mad Men)
23. Cousin of 'Pshaw!'
24. Italian harp
25. Mr. Schreiber
26. Fix the movie soundtrack work
30. Ms. Roker of The Jeffersons
33. Attention to _
35. Little
37. Temporary runway
38. Gazelle's grasslands
39. Miss
40. Not any
41. Flippant talk
44. Ab _ (Latin for 'from the beginning')
45. And Muzak filled the air / From _ to Cuyahoga Falls. - The Pretenders, My City Was Gone
46. Rushings
47. Most honest
49. Used a phone number
52. I _ _ Symphony by The Supremes
54. 4's phone letters
56. Music key, _ _.
60. Mad Cow Disease letters
61. Curly's pal
62. Heart sister of Rock
63. Bring in

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Silly errors and delays at work will be frustrating for the next few weeks because Mercury is retrograde. Just grin and bear it. What else can you do?

Taurus April 21 - May 21
Old flames are back in your life, which might be fun or horrific. Creative projects will be slow to get off the ground. Past issues with children might resurface.

Gemini May 22 - June 21
Because your ruler Mercury is retrograde, family might be camped on your doorstep and eating you out of house and home. This will continue for several weeks. Have courage.

Cancer June 22 - July 23
Just accept the fact that the next month will be full of mistakes, transportation delays and misplaced items. You're not losing it, and this is only temporary. You will survive.

Leo July 24 - Aug. 23
Use the next few weeks to wrap up old money issues and deal with loose ends. Money that is coming to you might be late in the mail or delayed. Grrrr.

Virgo Aug. 24 - Sept. 23
Mercury is retrograde in your sign now, which hasn't happened for a few years. This brings people from your past, especially ex-partners, back into your world.

Libra Sept. 24 - Oct. 23
It is Mercury retrograde now, which is frustrating for many signs. However, for Libras, you have a great chance to do research and find answers to old problems.

Scorpio Oct. 24 - Nov. 22
Friends from the past are back in your life again. This could be reassuring, because it's always nice to have history with others.

Sagittarius Nov. 23 - Dec. 21
Some of you might be in touch with parents or authority figures you haven't seen for a while. You also might be able to successfully pitch an old idea to a boss.

Capricorn Dec. 22 - Jan. 20
Travel plans might be delayed or canceled because of Mercury retrograde. If traveling, it will be easiest to go someplace you have been before.

Aquarius Jan. 21 - Feb. 19
Use the next few weeks to wrap up loose ends regarding shared property, taxes, inheritances and debt issues. It will be surprisingly easy to do this.

Pisces
Feb. 20 - March 20
Issues with ex-partners are back on your plate again. In fact, some of you will be running into ex-partners! Might this be an opportunity for closure?

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		7	6		1	5		
	8						2	
6				5				8
1								4
		4		3		2		
3								9
7				1				5
	6						3	
		8	4		9	7		

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Your daily crossword and Sudoku answers from the play page.

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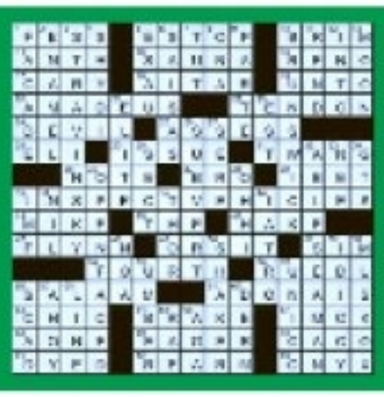

2	6	3	8	4	1	7	9	5
9	1	7	5	3	6	2	4	8
4	5	8	7	2	9	6	1	3
3	7	4	2	9	5	8	6	1
6	8	9	1	7	3	5	2	4
1	2	5	4	6	8	3	7	9
8	4	1	6	5	2	9	3	7
7	3	2	9	8	4	1	5	6
5	9	6	3	1	7	4	8	2

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